

## **Historic, Archive Document**

Do not assume content reflects current  
scientific knowledge, policies, or practices.





# Nutri - Topics

Food and Nutrition Information Center  
National Agricultural Library  
10301 Baltimore Boulevard  
Beltsville, MD 20705

Health Professional

ISSN: 1053-8879  
91-H6

## Adolescent Pregnancy and Nutrition

### Books and Directories (in order by year)

*Nutrition During Lactation.* National Academy of Sciences. 1991. 309 pp. National Academy Press, 2101 Constitution Ave., NW, Washington, D.C. 1-800-624-6242. A 19-page summary is also available.

*Nutrition During Pregnancy.* National Academy of Sciences. 1990. 468 pp. National Academy Press, 2101 Constitution Ave., NW, Washington, D.C. 1-800-624-6242. A 23-page summary is also available.

*Nutrition Management of the Pregnant Adolescent: A Practical Reference Guide.* Mary Story (ed.). 1990. 182 pp. *Adolescent Pregnancy: A Resource Guide.* Feb. 1990. 8 pp. Both available from the National Maternal and Child Health Clearinghouse, 38th and R Streets, NW, Washington DC 20057. (202) 625-8400.

"Nutritional needs of the pregnancy adolescent." Bonnie S. Worthington-Roberts and Jane M. Rees In: *Nutrition in Pregnancy and Lactation.* Bonnie S. Worthington-Roberts and Sue Rodwell Williams. St. Louis, MO: Times Mirror/Mosby College Publishing, 1989. pp. 209-243.

### Journal articles (in order of publication)

"Dietary quality of pregnant and nonpregnant adolescents." Jean D. Skinner and Betty Ruth Carruth. *Journal of the American Dietetic Association*, 91(6):718-720. June 1991.

"Pregnant adolescents report infrequent use of sugar substitutes." Betty Ruth Carruth and Jean D. Skinner. *Journal of the American Dietetic Association*, 91(5):608-610. May 1991.

"Adolescent pregnancy: effects of nutrients on hematocrit and birth weight in Orangeburg County." E. Jackson and K. Mathur. *Journal of the South Carolina Medical Association*, 87(1):8-11. Jan. 1991.

---

The resources listed are judged to be available and to contain accurate and readable nutrition information. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

- "Rate and amount of weight gain during adolescent pregnancy: associations with maternal weight-for-height and birth weight." Mary L. Hediger, Theresa O. Scholl, Isadore G. Ances, Daniel H. Belsky, and Ruth Wexberg Salmon. *American Journal of Clinical Nutrition*, 52:793-799. Nov. 1990.
- "Maternal age, sociodemographics, prenatal health and behavior: influences on neonatal risk status." Robert D. Ketterlinus, Sandra H. Henderson, and Michael E. Lamb. *Journal of Adolescent Health Care*, 11:423-31. Sept. 1990.
- "Nausea and vomiting during teenage pregnancy: effects of birth weight." Carolyn A. Behrman, Mary L. Hediger, Theresa O. Scholl, and Cynthia M. Arkangel. *Journal of Adolescent Health Care*, 11(5):418-422. Sept. 1990.
- "Maternal growth during pregnancy and decreased infant birth weight." Theresa O. Scholl, Mary L. Hediger, and Isadore G. Ances. *American Journal of Clinical Nutrition*, 51:790-793. 1990.
- "Low-income pregnant adolescents and their infants: dietary findings and health outcomes." Mary E. Schneck, Karine S. Sideras, Robert A. Fox, and Laurence Dupuis. *Journal of the American Dietetic Association*, 90(4):555-558. April 1990.
- "Patterns of weight gain in adolescent pregnancy: effects on birth weight and preterm delivery." Mary L. Hediger, Theresa O. Scholl, Daniel H. Belsky, Isadore G. Ances, and Ruth Wexberg Salmon. *Obstetrics & Gynecology*, 74(1):6-12. July 1989.
- "Comparison of breastfeeding attitudes and practices: low-income adolescents and adult women." Mary Jo Baisch, Robert A. Fox, Edie Whitten, and Nancy Pajewski. *Maternal Child Nursing Journal*, 18(1):61-71. Spring 1989.
- "Birth weight outcomes in a teenage pregnancy case management project." Carol C. Korenbrot, Jonathan Showstack, Amy Loomis and Claire Brindis. *Journal of Adolescent Health Care*, 10(2):97-104. March 1989.
- "Position of the American Dietetic Association: nutrition management of adolescent pregnancy." *Journal of the American Dietetic Association*, 89(1):104. Jan. 1989.
- "Nutrition management of adolescent pregnancy: technical support paper." Bonnie Worthington-Roberts, Jane Rees and Jeannette Endres. *Journal of the American Dietetic Association*, 89(1):105-109. Jan. 1989.
- "Adolescent pregnancy: associations among body weight, zinc nutriture, and pregnancy outcome." Flora F. Cherry, Harold H. Sandstead, Patricio Rojas, LuAnn K. Johnson, Hiram K. Batson, and Xiao B. Wang. *American Journal of Clinical Nutrition*, 50:945-954. 1989.



- "Serum zinc changes due to iron supplementation in teen-age pregnancy." Earl B. Dawson, James Albers, and William J. McGanity. *American Journal of Clinical Nutrition*, 50:848-52. 1989.
- "The relationship between maternal weight for height and term birth weight in teens and adult women." Laura Haiek and Sally Ann Lederman. *Journal of Adolescent Health Care*, 10:16-22. Jan. 1989.
- "Effect of two types of hospital feeding gift packs on duration of breast-feeding among adolescent mothers." Marianne Neifert, Jane Gray, Nancy Gary, and Bonnie Camp. *Journal of Adolescent Health Care*, 9(5):411-413. Sept. 1988.
- "Anthropometric predictors of low birth weight outcome in teenage pregnancy." Martha J. Maso, Elizabeth J. Gong, Marc S. Jacobson, Dean S. Bross, and Felix P. Heald. *Journal of Adolescent Health Care*, 9(3):188-193. May 1988.
- "Adolescent maternal weight gain and low birth weight: a multifactorial model." Catherine Stevens-Simon and Elizabeth R. McAnarney. *American Journal of Clinical Nutrition*, 47:948-53. 1988.
- "Breast versus bottle: correlates of adolescent mother's infant-feeding practices." Alain Joffe and Susan M. Radius. *Pediatrics*, 79(5):689-695. May 1987.
- "Nutrient intake and outcome of pregnancy in selected low income adolescents." Susan M. Siegel, Judith Bonner, Kathleen Stitt, and Kenneth Aycock. *School Food Service Research Review*, 11(2):100-106. 1987.
- "Effects of increased dietary calcium intake upon the calcium and bone mineral status of lactating adolescent and adult women." Gary M. Chan, Martha McMurry, Kristine Westover, Kathryn Engelbert-Fenton, and M. Rita Thomas. *American Journal of Clinical Nutrition*, 46:319-323. 1987.

## Contacts for Assistance

Local Contacts (Listed in the telephone directory)

Ask for the:

Health Department . . . . .	Nutritionist
County or State Extension . . . . .	Home Economist
Local March of Dimes Chapter . . . . .	
Hospital . . . . .	Dietitian or Childbirth Educator
La Leche League (local office) . . . . .	Lactation Consultant

## National Contacts

National Center for Education in Maternal and Child Health. 38th and R Streets NW, Washington DC 20057. (202) 625-8400.

Food and Nutrition Information Center. National Agricultural Library. 10301 Baltimore Blvd., Room 304, Beltsville, MD 20705. (301) 344-3719.

American Dietetic Association, National Center for Nutrition and Dietetics. 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-0040, ext. 4585.

Penn State Nutrition Center. Ruth Building, 417 E. Calder Way, University Park, PA 16801-5663. (814) 865-6323.

March of Dimes Birth Defects Foundation. 1275 Mamaroneck Ave., White Plains, NY 10605. (914) 428-7100.

La Leche League International Inc. P.O. Box 1209, Franklin Park, IL 60131. (708) 455-7730.

Healthy Mothers, Healthy Babies National Coalition. 409 12th St., Washington DC 20024-2188. (202) 863-2458.

National Organization on Adolescent Pregnancy and Parenting. 4421-A East-West Highway, Bethesda, MD 20814. (301) 913-0378.

Office of Adolescent Pregnancy Programs. 200 Independence Ave. SW, room 736E, Washington, DC 20201. (202) 245-7473.

## **Acknowledgements are made to the following reviewers:**

- Madeleine Sigman, Ph.D., R.D., Assistant Professor, Department of Food Science, The Pennsylvania State University, University Park, PA 16802.
- Mary Story, Ph.D., R.D., Assistant Professor, Department of Public Health Nutrition, School of Public Health, University of Minnesota, Minneapolis, MN 55410.
- Bonnie Worthington-Roberts, Ph.D., Director and Professor, Nutritional Sciences, University of Washington, Seattle, WA 98195.

This *Nutri-Topics* was compiled by Cynthia A. Roberts  
Research Assistant, University of Maryland

1991